



## Grocery Store Garden

If you don't have a garden of your own, take your child to the grocery store garden, otherwise known as the produce section! Walk around the produce section with your child and point out the variety of fruits and vegetables. Describe the colors and textures of these healthy foods and then have your child pick out a few fruits and veggies that they know they like or ones they might want to try. Once you bring your grocery store garden items home, let your child help you make a yummy fruit salad and a crunchy vegetable tray (pick up a bottle of ranch dressing for dipping)! Enjoy these healthy snacks straight from the garden while watching a favorite movie or reading a great book!



